Example Data

Task Variable	Data	RatingMult
Intensity of Exertion	Hard	
Duration of Exertion	25%	
Efforts per Minute	10	
Posture	Fair	
Speed of Work	Fair	
Duration per Day	4-8	

❷ Assign Ratings

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	of Task
1	Light	< 10	≤ 3	Ideal	Snail	≤ 1
2	Somewhat Hard	10 - 29	4 - 8	Good	Slow	1 - 2
3	Hard	30 - 49	9 - 14	Fair	Fair	2 - 4
4	Very Hard	50 - 79	15 - 19	Bad	Fast	4 - 8
5	Near Maximal	80	≥ 20	Worst	Very Fast	≥ 8

Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	
Duration of Exertion	25%		
Efforts per Minute	10		
Posture	Fair		
Speed of Work	Fair		
Duration per Day	4-8		

Assign Ratings

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	Duration of Task
1	Light	< 10	≤ 3	Ideal	Snail	≤ 1
2	Somewhat Hard	10 - 29	4 - 8	Good	Slow	1 - 2
3	Hard	30 - 49	9 - 14	Fair	Fair	2 - 4
4	Very Hard	50 - 79	15 - 19	Bad	Fast	4 - 8
5	Near Maximal	80	≥ 20	Worst	Very Fast	≥ 8

Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	
Duration of Exertion	25%	2	
Efforts per Minute	10		
Posture	Fair		
Speed of Work	Fair		
Duration per Day	4-8		

Assign Ratings

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	of Task
1	Light	< 10	≤ 3	Ideal	Snail	≤ 1
2	Somewhat Hard	10 - 29	4 - 8	Good	Slow	1 - 2
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Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	
Duration of Exertion	25%	2	
Efforts per Minute	10	3	
Posture	Fair		
Speed of Work	Fair		
Duration per Day	4-8		

Assign Ratings

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	of Task
1	Light	< 10	≤ 3	Ideal	Snail	≤ 1
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4	Very Hard	50 - 79	15 - 19	Bad	Fast	4 - 8
5	Near Maximal	80	≥ 20	Worst	Very Fast	≥ 8

Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	
Duration of Exertion	30%	2	
Efforts per Minute	10	3	
Posture	Fair	3	
Speed of Work	Fair		
Duration per Day	4-8		

Assign Ratings

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	Duration of Task
1	Light	< 10	≤ 3	Ideal	Snail	≤ 1
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4	Very Hard	50 - 79	15 - 19	Bad	Fast	4 - 8
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Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	
Duration of Exertion	30%	2	
Efforts per Minute	10	3	
Posture	Fair	3	
Speed of Work	Fair		3
Duration per Day	4-8		

Assign Ratings

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	Duration of Task
1	Light	< 10	≤ 3	Ideal	Snail	≤ 1
2	Somewhat Hard	10 - 29	4 - 8	Good	Slow	1 - 2
3	Hard	30 - 49	9 - 14	Fair	Fair	2 - 4
4	Very Hard	50 - 79	15 - 19	Bad	Fast	4 - 8
5	Near Maximal	80	≥ 20	Worst	Very Fast	≥ 8

Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	
Duration of Exertion	30%	2	
Efforts per Minute	10	3	
Posture	Fair	3	
Speed of Work	Fair	3	
Duration per Day	4-8	4	

Determine the Multipliers

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	Duration of Task
1	1	0.5	0.5	1.0	1.0	0.25
2	3	1.0	1.0	1.0	1.0	0.50
3	6	1.5	1.5	1.5	1.0	0.75
4	9	2.0	2.0	2.0	1.5	1.0
5	13	3.0*	3.0*	3.0	2.0	1.5

Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	
Duration of Exertion	30%	2	
Efforts per Minute	10	3	
Posture	Fair	3	
Speed of Work	Fair	3	
Duration per Day	4-8	4	

Determine the Multipliers

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	Duration of Task
1	1	0.5	0.5	1.0	1.0	0.25
2	3	1.0	1.0	1.0	1.0	0.50
3	6	1.5	1.5	1.5	1.0	0.75
4	9	2.0	2.0	2.0	1.5	1.0
5	13	3.0*	3.0*	3.0	2.0	1.5

Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	6.0
Duration of Exertion	30%	2	
Efforts per Minute	10	3	
Posture	Fair	3	
Speed of Work	Fair	3	
Duration per Day	4-8	4	

Determine the Multipliers

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	Duration of Task
1	1	0.5	0.5	1.0	1.0	0.25
2	3	1.0	1.0	1.0	1.0	0.50
3	6	1.5	1.5	1.5	1.0	0.75
4	9	2.0	2.0	2.0	1.5	1.0
5	13	3.0*	3.0*	3.0	2.0	1.5

Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	6.0
Duration of Exertion	30%	2	1.0
Efforts per Minute	10	3	
Posture	Fair	3	
Speed of Work	Fair	3	
Duration per Day	4-8	4	

Determine the Multipliers

Duration Rating	Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand or Wrist Posture	Speed of Work	Duration of Task
1	1	0.5	0.5	1.0	1.0	0.25
2	3	1.0	1.0	1.0	1.0	0.50
3	6	1.5	1.5	1.5	1.0	0.75
4	9	2.0	2.0	2.0	1.5	1.0
5	13	3.0*	3.0*	3.0	2.0	1.5

Example Data

Task Variable	Data	Rating	Mult
Intensity of Exertion	Hard	3	6.0
Duration of Exertion	30%	2	1.0
Efforts per Minute	10	3	1.5
Posture	Fair	3	1.5
Speed of Work	Fair	3	1.0
Duration per Day	4-8	4	1.0

Calculate the SI Score

SI Score = Intensity of Exertion Multiplier

x Duration of Exertion Multiplier

x Efforts per Minute Multiplier

x Posture Multiplier

x Speed Multiplier

Example Data

SI Score = 6 x 1 x 1.5 x 1.5 x 1 x 1

= 13.5